2: Sanders E-5 (no date) 1949 EEl Bulgaria EEl

palatable to peasant taste. If the bread supply gave out at the table, the diners sat calmly without eating until the new loaf was brought in, for it was almost impossible for them to eat unless holding a piece of bread in the left hand. Dunking was the approved method of disposing of the juice of a stew. When eating, one was apt to get a greasy coating on the lip; the accepted technique was to scrape this off with a piece of bread already on its way into the mouth. Forks and small spoons were used only when there were guests. But why should table manners not be simple and direct?

"Knives for everybody are not used. There is one knife at the table, but people use their hands, for we peasants say, 'For what did God give the fingers to man if he does not use them to feed himself?' "

As for the preparation of the food:

"Usually it is the duty of the oldest woman in the family to prepare the food, because she knows the best how to cook and she can cook most deliciously of all. In case she is sick, then her daughter-in-law or her daughter cooks. If there are not such, then the man cooks." Here my informant sniffed and added scornfully, "Of course, in such a case dry food is eaten chiefly, but even the men can cook at least some of the dishes."

I asked another woman who really "knew her place," as a Dragalevtsy man would say, whether men could cook:

"Of course, men can do everything woman does, but woman cannot do everything men do. Who cooks for those men that are shepherds or work in the forests but they themselves? Men do not need women half as much as women need men. Yet we all recognize that cooking is for the women, not for the men."

No matter what time of day I entered a village home the *domakinya* (housewife) with unfailing and genuine hospitality offered me food or drink. I began to wonder when the people had their regular meals and found that some homes had no regular mealtimes; instead, people got up and took a piece of bread or anything else available whenever they were hungry. In most families, however, about nine o'clock in the morning a meal called *ruchok* was served to all; at about two, dinner was served, and two hours after sunset the people gathered for supper. One villager put it this way:

2:Sanders E-5 (no date) 1949 EE1 Bulgaria EE1

264 "When we work in the fields we eat five times daily: as soon as we reach the place we have a light lunch *(zakuska)*, at nine we have the *ruchok*, at one dinner, at five another *zakuska*, and in the evening after finishing work we have supper. We older people don't eat between meals but let the children do so if they are hungry."

262 252 From time to time during my stay in the village I tried to teach the tavern cook some simple and uncomplicated western dish to vary the biting peasant food. She tried faithfully but unsuccessfully to comply. After one such hopeless but courteous attempt she read me a little lesson in village menus:

"We Dragalevtsy people are pretty conservative in everything and have added no new dishes to our menu. The western combinations which people eat in Sofia are tasteless and slimy. If one doesn't use lots of salt, hot pepper, and vinegar, then the food has no taste at all."

273 Beverages other than milk and wine made little appeal. Wine was much in evidence on holidays or when there were guests. An average village home would use from 250 to 300 quarts of wine a year. Most of the *rakiya* was drunk either at the taverns or on festive occasions. In commenting on the liquor consumption of the village one man said:

"We are not such fools as not to drink wine, for the wine is transformed into blood and gives strength to man."

000 Someone has said that a house does not become a home until it knows a birth, a wedding, and a death. In other words, it is more than plaster walls, crude furniture, and steaming food. It is even more an association of memories deeply rooted in family crises.

844 [591] A frequently recurring crisis in Dragalevtsy was childbirth, which always took place in a home, never in a hospital. Usually it was the home in which the couple lived, for only rarely did the wife return to her paternal home for the event. When a woman learned that she was pregnant, she told the fact only to her own mother and to her husband, embarrassment preventing further disclosure. The mother-in-law learned about it a month later, for in the words of one of the older village men:

843 [606]

2: Sanders E-5 (no date) 1949 EE1 Bulgaria EE1

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"For fuel, people . . . used small branches brought from the village forest up on the mountainside." *See page 23.*

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". . . we use a great deal of bread, which is baked by the women . . . in the ovens standing in the yards. . . ." *See page 26.*

[Facing p. 32]

2: Sanders E-5 (no date) 1949 EE1 Bulgaria EE1

796

"To commemorate Christ's birth . . ." *See page 106.*

252

"The loaves of bread, crudely adorned on top . . ." *See page 107.*

[Facing p. 112]

9:Megas I.B-5,4 (no date) 1951 EH1 Greece
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1. The Bulgarian house of the lowlands.

This type of house mostly consists of two wide front spaces and of a prostoon, i.e. vestibule which is open as a rule on both its lateral sides.

[354] One of these spaces has the hearth (ognichte) and is called the kăsta, or more rarely hyza (1), i.e. house. It can hence be concluded that this space originally constituted the entire house. The other space is heated up by a stove and it is called the «soba», which means stove.

●[252]

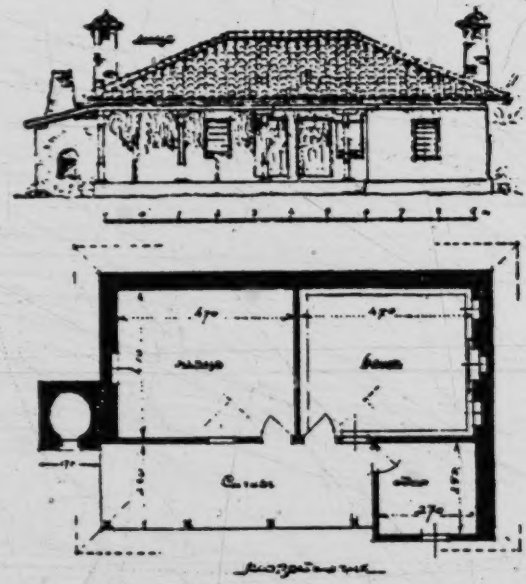

Fig. 33 House at the village Makrolivado (Usúntsovo) in district of Chaskovo (Zlatev, Balgar. kăsta, fig. 91)

The vestibule extending in front of the rooms, takes up either all the front part or only part of it, and is called by the Greek name «prust» (2) or by the Turkish names zardak, or saivan, or sundurma (3).

1) This word originates from the German hûs, Haus. Small and lightly constructed houses are also called by the Bulgars and the Slavs koliba or chalupa, from the Greek word καλύβη. (**L. Niederle,** Manuel de l'antiquité slave, II la civilisation Paris 1926 p.98 note 5).

2) Cf. the «μπροῦστι», i.e. the προστῷον, of the Greek houses in the Haimos area and the «μπρόστι» or «ἀμπρόστι» of the Roumloukion house near Thessaloniki (**G. Megas** Θρακ. Οἰκήσεις p. 27).

3) According to **Jirecek,** Das Fürstenthum Bulgarien, p. 158, «the Bulgarian houses have always an open vestibule (prust, sundurma) formed by the extention of the roof and supported by wooden poles».

This type of house is as a rule in the middle of a large courtyard, surrounded by a plaited fence; the secondary parts of the housing, such as stable, hay-barn, cereal store, etc. are dispersed into this yard.

In Southern Bulgaria, the Bulgarian farmers' houses do not present any difference from the rural houses of the Greeks, who were established there many centuries ago in the areas of Kavakli and Messimvria, as I have described them in my survey Θρᾳκικαὶ Οἰκήσεις (pp. 27-29 and 43-44), or from the houses of Southern, Eastern and Western Thrace. This is evident from the plans of two houses, one from the village of Macrolivado (Ouzountsovo) of the Chaskovo district (fig. 33) and the other from the Karatoprak village, of the Philippople district (fig. 34).

The first one was built in 1780; it consists of two main rooms, completely separated from each other, and of a portico which originally covered all the frontage of the house. The small room (odaja) on the right hand end of the portico is an addition of recent years. According to Zlatev «the existence of a fire place in both rooms is not normal» (p. 104) «and it is characteristic to note that the hearth in the main room, the kĭsta, has been built on the external wall». In the other room, called here «zantsa», the hearth has derived from repair and it is obvious that the use of the other room was different, namely it was used to stabling the cattle or storing fruits, ect., as it is usual in the rural houses of Southern Thrace(1). On one end of the building, in line with the two rooms, the oven has been built on one end of the portico, which is often seen in other parts of Thrace. Zlatev says that, «the division of space was not changed in bigger houses, possessing more rooms. The additional spaces are placed in line, and the portico is increased by expansion along the entire lengthened frontage of the house(2). When this lengthening is extended too much, and the length has an oppresive influence on the external appearence, the portico is then adapted so that it is extended outwardly from its centre, in the shape af a square, thus very much reminding the shape ot the mountainous house» (Zlatev, p. 104).

The same is noted in the house of the Karatoprak village (built in 1912) which is tripartite and consists of two rooms and a stable, but a part of one of its rooms (of the soba) has been separated and formed a special space which was called, from the Greek language,

1) G. Megas, Θρᾳκικαὶ Οἰκήσεις p. 13.
2) Cf. G. Megas, ibid. figg. 10 and 13.

9:Megas I,B-5,4 (no date) 1951 EH1 Greece
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killer i.e. cellar. The oven is also called by a Greek name, «fourna» and here it has also been added on one side of the house (fig. 34). Finally the beautiful portico of this house, due, according to Zlatev, to the influence of the more developed mountainous house [1], brings

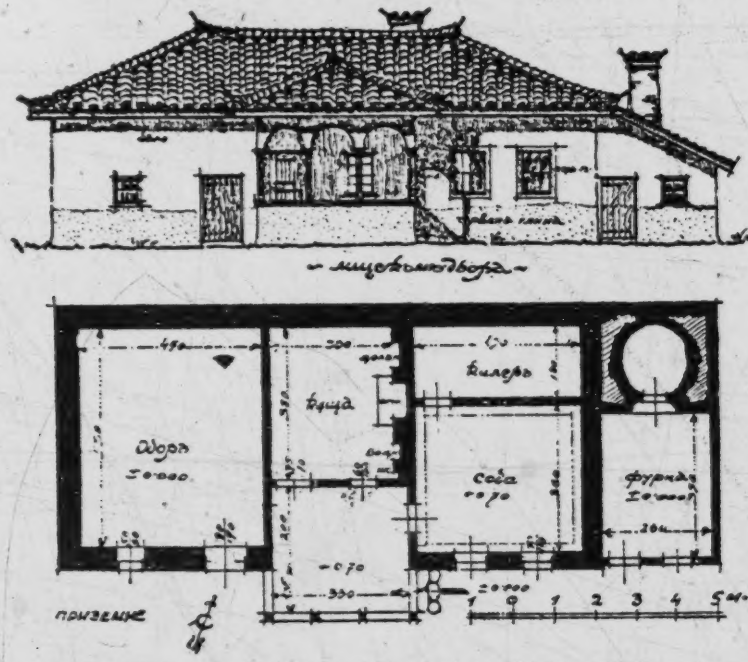

Fig. 34 House in the village of Karatoprak, district of Philippople
(Zlatev, Bălgar. kăsta, fig. 94)

to our memory a similar arrangement of the portico in semi-urban dwellings of Greece [2].

Thus the similarity of the farmer's house in Southern Bulgaria — which is nothing else but the former Northern Thrace, called Eastern

1) «This house» says Zlatev (p. 105), «is fully adapted to the needs and to the economy of a plain's farmer, the monotonous appearance of the pure lowland house; it has taken some elements from the mountainous house, which was more developed, and has influenced it in places where the communications with highland populations rendered this influence possible».

2) See **G. Megas**, Θεσσαλ. Οἰκήσεις p. 67 Plate Λ, 3. Comp. with mountainous houses of Agrapha, ibid. figg. 43 and 45.

from the other purely valley type houses, such as the houses of the Hevros or the Plevna valleys» (p. 95). 342

The house of the village of Divlia, Radomir district, (fig. 37) is a «typical bipartite valley building with a portico all along its frontage» (Zlatev, p. 98), and that of the village of Grigorevo, Novo-Celo district, (fig. 38 and 39) is only slightly elevated from the ground and includes, apart from the two spaces, basic for every valley house (the kăsta and the soba), one cellar in line with these spaces, and a small room on the front of the house which, together with the portico, forms a wing,

Fig. 40 House in Sapantsi, district of Novo Celo
(Zlatev, Bălg. kăsta fig. 82)

coming out of the main body of the building. All the rooms have an earthern floor, covered with clay. The hearth is in the kăsta, i.e. the «house», on the wall separating the two rooms and has next to it two built-in cupboards (dulapze). Opposite the hearth, on the other inner wall, there is the pitcher shelf. The bread-oven, the stable and the other buildings, essential for rural life, are to be found in the large courtyard. This is surrounded by a two metres high wall, made of unbaked bricks and covered with tiles (Bulg. keramidi). The entrance door is double, and wide enough to permit the entrance of carts, but next to it there is another door for the entrance of people. The

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9:Megas I,B-5,4 (no date) 1951 EH1 Greece
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342 years ago, was giving shelter to a 40 members' family and which [592] was especially built for this purpose (Plate XIII 6) It is an evolution of the basic type of a house with two spaces (hyza and odaja). The [513] cellars on the one side of the hyza are a subdivision of the third compartment into smaller spaces, and are used by the various couples of the family only to sleep in. The hyza remains the central appart- [252] ment and it includes the hearth, measuring 2 m. x 2 m. where the bread is also baked in a special pot (srepnia, podnitsa). The cellars and the oda open to a hyza without any communication between them. The external architecture of this house presents the character-

Fig. 42 House in the village of Tiorekovtsi
(Zlatev, Bălg kăsta fig. 77)

istic lack of a prostoon, which, according to Zlatev (p. 91) is the permanent element of the Bulgarian house. The house (Zlatev fig. 78) of the village of Tiorekovtsi, built in 1870, presents the same composition, but with a different arrangement of spaces (See Plate XIII 7).

Another house of this latter village is built according to the second method (Zlatev, Fig. 76 and 77) presenting an apparent architectural synthesis: «two independent bipartite houses, extending [351] parallel to each other are united on one side by a covered portico thus forming a sort of central courtyard, surrounded on two sides by porticoes which, according to Zlatev, remind us of monasteries and

9:Megas 1, B-5,4 (no date) 1951 EH1 Greece
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Fig. 43 Front of a house in Bunovo of Sredna Gora
(Zlatev, Bălg. kăsta fig. 57)

[252]

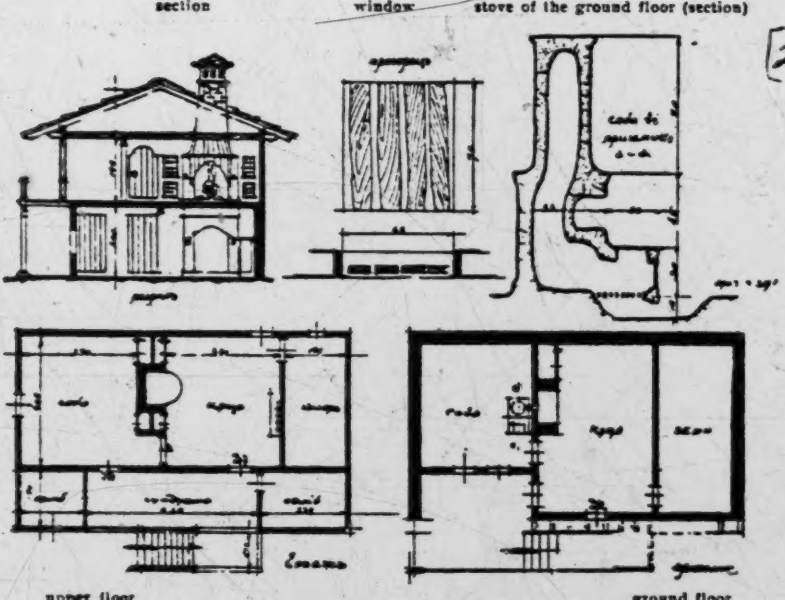

Fig. 44 Plans and section of the above house in Bunovo
(Zlatev, Bălg. kăsta fig. 56)

G
B
342 of Zeravna (Plate XV 4, 5) one end of the portico is arranged as a
171 balcony (kioschki) slightly projecting and giving a view on the road, with its floor higher by 50-70 cm. from that of the rest of the portico, exactly as in the case of the sofas in the rich Greek houses of Northern Greece (1).

According to the above survey and after the mere examination of plates XIII-XV of the appendix, it is proved, I think, that, if we except the zadrouga-systems 6-8 pl. XIII, the general disposition of space both in one-storied and two-storied Bulgarian houses does not differ from that of the Greek house and especially the North Greek one; it also displays the same consistency and the same evolution from simpler to more complex forms. Exactly as in the external shape and the entire arrangement, the internal arrangement of the space in the Bulgarian house does not differ from the Greek and especially
B
the Northern Greek house. The hearth, in the Bulgarian house, is
[354 built in the middle of one of the walls or in one corner of the main room
352] with a chimney that semi-circularly protrudes over it. We also find there our well known shelves high on the walls of the room, wall cupboards (doulapze), little opening (juklouk) and large wooden cupboards (moussandri) on both sides of the hearth; the sofas (menderia) also here extend along the walls and are covered with manifold patterns, rugs and cushions.

B
Facing the hearth there is the pitcher-stand and next to it, in the
[352 wall, the cutlery cup-board. Bread is baked in a clay tray down in
252] the hearth, just as in the houses of Agrafa in Thessaly. A low round table is used for eating, exactly as in the Greek rural houses in older times (2).

B
C. Jirecek, when describing the interior of the Bulgarian rural
192 house towards the end of the 19th century, also mentions some articles
342 whose names originate from the Greek language: chromel (χειρόμυλος) = a hand-mill for wheat or salt; stomna or stovna (στάμνα) = water pitcher with narrow neck; charkomka (χάλκωμα) = brass-utensil; paploma (πάπλωμα) = bed-cover; sakul (σακκοῦλι) = bag; ikona (εἰκόνα) = an ikon placed in the corner of the room (3).

B
[192 1) See **G. Megas** Θεσσαλ. Οἰκήσεις, pp. 86, 93, 97, 99.

2) According to Jirecek's note where he describes the Bulgarian urban house «Bulgars use only foreign words for the table. These are the Greek «trapeza», the Rumanian «massa» and the Turkish «sofra».

3) **C. Jirecek,** op. cit. p. 158, K. Myrtilos Apostolides in Ἀρχεῖον Θρᾳκικοῦ Θησαυροῦ vol. 8 p. 102 mentions many names of everyday objects which are orig-

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are tied nearer the breg, for these animals emanate a lot of heat while feeding. One or two sky-lights are to be found on the roof of the breg and give some light to this very dark dug-out.

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In the second gallery, as we have said, there is the main house. It has a fire-place, 2×2 m., with a wide chimney for the escape of the smoke. The bread is baked under the ash of this hearth and there is an opening near the fire-place for the collection of the ashes. Finally, the zadnik is the space behind the house, where food, agricultural products and other useful articles are kept (1).

The same formation is seen in another lair of the same village, which was built in 1876 (Fig. 51.)

SL
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B
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Dug-out houses existed from the ancient times among the Slavs, and other peoples of central and Nothern Europe, but, as it is shown by the remnants found, these dwellings constituted simple shelters (abris). That is to say, the Slavs dug out a deep trench, of more than one meter depth, which they covered with a roof of timbers, branches, hay and mud. According to Niederle «the construction of the house, or rather of the roof, was more or less simple, according to whether the stay in that place was to be of short duration; because the Slavs, used to live a nomadic life for a long time and till the beginnings of historic times». Such shelter-holes (fosses-abris) were already found in the Slav countries, of dimensions 1.50×4 meters, dating from the 8th, 9th and 10th centuries. Their construction has been retained, though on a less primitive shape, until the 19th century in some districts of Russia and Poland (2). The reason of such a form of housing is the lack of forests and of timber for construction of houses in the steppe districts.

B
SL
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The troglodyte houses of Bulgaria prove of an evolution, obviously due to the influence exercised by surface houses; they are neither of Slav nor of Bulgarian origin. Ancient authors, such as Strabo VII, 5, 12, Plinius, Nat. Hist. IV, 80, Ptolemaeus (C. Müller, Ptolemaei Geographia I, 463), mention the «troglodytes» in the district of Little Skythia, now Dobroutcha, and in Dardania, who lived, like the Phrygians and the Armenians, in subterranean dwellings (3).

Consequently the Bulgars, and the Slavs who established them-

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1) **T. Zlatev** op. cit. p. 112 figg. 97 98.

2) **L. Niederle,** op. cit. 2 p. 96 foll., 98.

3) See **C. Jirecek,** op. cit. 157. **G. Kazarow,** Beiträge zur Kulturgeschichte der Thraker, Sarajevo 1916, p. 30.

[For information pertaining to Bulgarian recipes and food preparation in general see 70: Rowland, Ml Middle East, category 116, pp. 64-76.]

255

255 CANNING INDUSTRY--industrialized processing of meat, fish, and vegetable foods in air-tight containers (e.g., cans, jars, bottles); canneries, special factories, and their equipment; organization of labor and production; etc. See also:

Agricultural production 24
Marine industries 228
Manufacture of bottles and jars 323
Manufacture of canning machinery 392
Description of food processing machinery . . . 402
Utensils 415

244 167 accomplish was done by Bulgarian gardeners. Ten years ago no one among us knew that it was possible to produce tomatoes, peppers and other vegetables in our land. To-day, however, this is a fact, thanks to the ingenuity of the Bulgarians".

Of fresh vegetables 55 truck loads were exported in 244 439 1933 to Central Europe, and of these the most appreciated were the tomatoes grown in south Bulgaria, which many experts affirm to surpass in quality even those of Italy. During the summer of 1935 some 2750 tons of fresh tomatoes were exported to Central Europe. No serious [255] efforts have been made to develop the export of tinned vegetables, though in price they are 50% cheaper than similar ones sold in France, and in every respect as good. Lack of capital, and of commercial connections abroad have prevented the few canning factories to launch in a forward policy which necessarily involves risks and losses at the start. The only leguminous plant which has been exported on a large scale was haricot beans, of which Bulgaria was always a large exporter, the high quality of this product having secured for her a certain preeminence among Near Eastern countries. The area devoted to this crop was 73,162 hectares and the yield 74,677,000 kg. in 1933 of which 32,568 tons were exported. The area planted with pulse, vegetables, potatoes and that set aside for market gardening was estimated respectively at 95,000, 13,500, 14,000, and 38,000 hectares in 1932.

241 312 A great impediment to the steady development of agriculture in Bulgaria is the periodic drought which completely undermines the economic position of the small holders, which even without this scourge, is never too bright. The mean annual rainfall for the period 1920—1930 was 578·2 litres per square metre, but this unfortunately is not evenly apportioned, the mountainous western and south western parts of the country having a much hea-